

PORTSMOUTH FITNESS & SPORTS PRESENTS

# FASTER FREESTYLE SWIM CLINIC



**MWR**  
Portsmouth, VA

with Multiple World Record Holder  
**Karlyn Pipes-Neilsen**



**Monday June 13**  
**4:30 to 7:30 p.m.**  
**NMCP Indoor Pool, Bldg. 252**

Are you tired of working so hard  
to swim so SLOW? Wouldn't you rather...

Swim faster with less effort?

Relax, find your balance and not sink?

Effectively breathe in any condition?

Become more comfortable in the water?

**...then this clinic is just for YOU!**

The benefits to taking an Aquatic Edge clinic are many:

- Learn the techniques used by Karlyn, top triathletes and Olympians.
- The teaching methods Karlyn uses are SIMPLE and easy to understand and apply.
- Training tips and recovery suggestions will also be provided.

Karlyn Pipes-Neilsen lives in Kona, Hawaii and is known world-wide for being an accomplished swimmer having set over 208 masters world records to date and swims a 49-minute, 2.4-mile swim (no wetsuit!). However, she is equally as talented as an instructor and uses her high energy to deliver a fun and fast-paced clinic woven with personal experience. The drills and techniques are simple, fun and make sense. For great articles on technique, training and motivation written by Karlyn, please visit [www.aquaticedge.org](http://www.aquaticedge.org).

**COST: Active Duty - \$20**

**Retirees, Reservists & Eligible Family Members - \$40**

**DOD/Civilians - \$95**

**THE FIRST 20 PEOPLE TO REGISTER WILL BE ENTERED  
INTO A DRAWING TO WIN ONE OF TWO FREE REGISTRATIONS.  
(PREPAID REGISTRATION WILL BE REFUNDED.)**

For space availability or questions contact, Jacqueline Stiffler at (757) 967-2500.

For clinic questions, email Karlyn at [aquaticedge@hawaii.rr.com](mailto:aquaticedge@hawaii.rr.com)

EXERCISE YOUR OPTIONS

REGISTRATION FORM  
ON REVERSE SIDE.

NMCP-04116-JW



STAY CONNECTED!  
<http://www.med.navy.mil/sites/nmcp/partnerships/mwr/pages/default.aspx>  
Visit MWR online for the latest on events and activities at Naval Medical Center Portsmouth.

Receive event info on your cell phone!  
In the "TO" window, type 30364  
In the "MESSAGE" window, type your area of interest:  
PORTSMOUTHMWR

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PORTSMOUTH FITNESS & SPORTS PRESENTS



MONDAY JUNE 13, 4:30 TO 7:30 P.M.

## REGISTRATION FORM

**Drop off or mail registration form to:**  
**NNSY Callaghan Fitness Center, bldg. 310, Portsmouth, VA 23709**  
**(Attn: Jacqueline Stiffler)**

**First Name** \_\_\_\_\_ **Last** \_\_\_\_\_

**Address** \_\_\_\_\_ **City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Phone:** (     ) \_\_\_\_\_ **Email** \_\_\_\_\_

**Emergency contact info:** \_\_\_\_\_

**Age:** \_\_\_\_\_ **Level of swimming:**   ☐ **Beginner**   ☐ **Intermediate**   ☐ **Masters**   ☐ **Multi-sport**

**Please identify one goal for the clinic:** \_\_\_\_\_

**Cost:**   ☐ \$20   ☐ \$40   ☐ \$95   **Total enclosed: \$** \_\_\_\_\_ **(MAKE CHECK PAYABLE TO MWR FUND)**

